



| Support Networks for Youth and Peers | | | | |
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| Organization | Service Description | Address | Contact number | Website |
| Autism Families Connecticut | Friday Night Teen Socials: A monthly program where teens ages 13 to 19 with autism can hang out, sing, dance, and play games. Programs include a a variety of social activities including music, dancing, karaoke, games, refreshments, and most importantly, friendships. This program is FREE. Virtual opportunities being offered. | 600 North Moutain Road, Newington, CT 06111 | 860-474-3444 | http://www.autismfamiliesct.org/programs/friday-night-teen-socials/ |
| Autism Families of Connecticut | Offers a variety of social and recreational activities for both youth with ASD and their families. The goals include creating a social environment, promoting social skills, listening and communicating. | 600 North Moutain Road, Newington, CT 06111 | 860-474-3444 | http://www.autismfamiliesct.org/programs/ |
| Autism Services & Resources Connecticut (ASRC) | Support groups for adults and teens with Autism Spectrum Disorders meets monthly (in Wallingford and Middletown) | 101 North Plans Industrial Rd, Wallingford, CT 06492 | 203-265-7717 | www.ct-asrc.org |
| Autism Speaks | Grief and Bereavement Resources- Resources to help support you or your child while experiencing grief | varies | 1-888-288-4762 | https://www.autismspeaks.org/grief-and-bereavement-resources |
| Best Buddies CT | BESTBUDDIES® one-to-one friendship programs helps people with and without intellectual and developmental disabilities (IDD), build socialization opportunities through school and community friendship programs. Use the reference map to find a friendship program near you. | 100 Southeast Second St, Suite 2200, Miami, FL 33131 | | https://www.bestbuddies.org/connecticut/friendship-map/ |
| Best Buddies CT | e-Buddies promotes social inclusion online for people with intellectual and developmental disabilities | 100 Southeast Second St, Suite 2200, Miami, FL 33131 | 1-305-374-2233 | https://www.bestbuddies.org/what-we-do/ebuddies/ |

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| Beyond My Battle | Online support group and educational resources for those individuals with serious illness, rare disease, and disabilities. Support is also available for caregivers. | 112 W Circular St, Saratoga Springs, NY 12866 | (518) 328-4939 | www.beyondmybattle.org |
| Center for Disability Rights | Cross-disability support group offers speakers, group discussions, raps and other social activities for people regardless of age or type of disability. Meeting times vary monthly, call for dates and time. Occasionally the group has outings or field trips to Disability Expos or other cultural events. | 369 Highland Street, West Haven, CT 06516 | 203-934-7077 | http://cdr-ct.org/ |
| Challenge to Victory | Contact facilitator for more information. Every 2nd Thursday of the month. | 30 Grand Avenue, New Haven, CT | Che Elyse Okwu, 203-627-8734 & Calia Gaddis, 203-676-2349 | New Haven Collaborative and Connecticut |
| Circle of Friends | Network of friends for children and teens with special needs. Social activities occur in both one on one and in group settings. For a schedule of the Sunday Circle/Teen Scene Events or Adult Socials and for more information on <u>all of our programs</u> | 40 King Street, Norwalk, CT 06851 | 203-866-0534; circlefriendsct@ gmail.com | https://www.circleoffriends ct.org/ |
| Community Centers, Inc. | Support groups for young people and adults with developmental disabilities offer peer support, counseling and socialization. | 61 Putnam Avenue, Greenwich, CT 06830 | 203-869-1276 | http://ccigreenwich.org/spe cial-needs-groups/ |
| CT Secondary Transition Youth Advisory Board | Is an initiative within the CT Secondary Transition Community of Practice, a Secondary Transition Youth Advisory Board was created to provide a place for students and youth with disabilities ages 14 to 26 to have their voices heard by the people who plan for students and provide them support. | n/a | Beth Reel, CT Parent Advocacy Center (CPAC), 860-739-3089 or breel@cpacinc. org | https://www.cttransition.or g/ |
| Empower Hour Girls Program | We address bullying, teen violence, self-esteem, physical fitness, public speaking and healthy eating. Thursday from 5-6:30 p.m. & 2nd Saturday of each month from 12-4 p.m. CRT (Thursday) & Parker Memorial Community Center (Saturday) | n/a | Contact Tanya Gordon at empowerhourgi rls@gmail.com | Hartford/ West Hartford and Connecticut |

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| Destiny Outreach | This is a group for parents who want to network and make effective changes within their community. 1st & 3rd Tuesday of every month from 4-6 p.m. East Hartford Cultural Center, East Hartford, CT | 50 Chapman Place, East Hartford, CT 06108 | Cathy Flippen, 860-726-3646 | n/a |
| Independence Unlimited | Independence Unlimited Youth Transitions Project increases the participation of youth with disabilities and their parents in the process of planning for their transition into adulthood. This includes self advocacy, skills training, service linkage and outreach. | 151 New Park Ave., North Annex suite D, Hartford, CT 06106 | 860-523-5021 | https://www.independenceunlimited.org/index.php/our-programs/youth-transitions |
| Institute of Living | Offers various support groups such as substance abuse education, Lesbian/Gay/Bisexual/Transgender support, Autism Spectrum support, Mental Illness support, support services, and resources. Support programs are provided for those in need, their family members, and caregivers. Visit the website below for a complete list of support group locations, times and contact information. | 200 Retreat Avenue, Hartford, CT 06106 | 860-545-7665 | Hartford |
| Junior Next Steps | A group for children with special needs, bullied will receive peer support and engage in social activities. Every other Thursday from 3-4:30 p.m. JFK Middle School, Southington, CT | | Carrie Foligno & Desiree Daigle, 860-302-6543 | Greater Bristol/Farmington Valley and Connecticut |
| KHAIR | KHAIR (pronounced "care") serves at-risk youth by offering one-on-one mentoring relationships and a range of workshops designed to teach important life skills and bolster self-confidence | 11 Fairfield Blvd. Wallingford, CT 06492 | Tressa Spears Jackson, 203-949-4101 or Elvin Melendez, 203-949-4080 or 203-949-4023 or email khairinfo@chnc.t.org | https://www.wekhair.org/ |
| Kyzhon Experience | Understanding life through the life of a child. Wednesdays, 5:30-7:00 p.m. Raphola Community Center, Bridgeport, CT | | Maguena Adetona & Reuel Parks, 203-521-7953 | Greater Bridgeport and Connecticut |

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| LARC | Torrington Area Families for Autism (TAFA) offers an Autism Support Group for parents which focuses on Autism advocacy, Awareness and Support. The group also offers activities, social outings and integrated playgroups for children. Support groups meets on the first and third Wednesday of each month. Meetings are held at LARC (314 Main Street, Torrington). Children are welcomed. | 314 Main Street, Torrington, CT 06790 | 860-482-9364 | https://www.litchfieldarc.org/autism-support.html |
| NCCC Recreational Activity Group | This group is designed to help children benefit from prosocial activities. Times and places vary. NCCC serves the towns of Bloomfield, East Granby, East Windsor, Enfield, Granby, Somers, Stafford Springs, Suffield, Windsor, Windsor Locks. | Locations vary | Contact Doriana Vicedomini at dm35@aol.com or Diane Reynolds at sbdreynolds@cox.net | http://www.wrapct.org/Collaborative.aspx?CollaborativeNbr=33 |
| Northcentral Community Collaborative | Support group for children ages 9 through 13 who have siblings with behavioral, social, communication or mental health challenges. Group usually meets on the second Tuesday of the month at the Group meets for a light dinner at 6pm and then split into three groups (parent support, sibling group and child care group) at 6:30pm. | Suffield High School, Room 221, 1060 Shelton Street in West Suffield | 504-259-4327 or 860-668-5228 | http://www.wrapct.org/Collaborative.aspx?CollaborativeNbr=33 |
| Organization for Autism Research | Offers guides designed for parents and young children/teenagers of siblings with autism. The resources aim to provide support to both parents and siblings, answer autism-related questions or concerns, and tips to help facilitate these relationships. | 2000 N. 14th Street, Suite 300 Arlington, VA 22201 | (866) 366-9710 | https://researchautism.org/how-we-help/families/sibling-support/?utm_source=ORACLE+Newsletter+Subscribers&utm_campaign=d84344ba39-EMAIL_CAMPAIGN_2020_02_18_03_42&utm_medium=email&utm_term=0_132914a232-d84344ba39-171428105 |

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| Organization for Autism Research | The Kit for Kids is designed to teach elementary and middle school students about their peers with autism. | 2000 N. 14th Street, Suite 300 Arlington, VA 22201 | (866) 366-9710 | https://researchautism.org/resources/kit-for-kids/?utm_source=OARacle+Newsletter+Subscribers&utm_campaign=dbbaf8fc8c-EMAIL_CAMPAIGN_2019_03_26_04_24&utm_medium=email&utm_term=0_132914a232-dbbaf8fc8c-171428105 |
| Path Parent-to-Parent Family Voices | Open to youth 13-26 years of age. CT KASA participants learn how to advocate for themselves and take control over their own lives. CT KASA helps this happen by teaching young people about their rights and how to change the systems that affect their lives. CT KASA meets monthly every 3rd Saturday of the month. Meetings are from 11am-2pm. | The Exchange Building #4 270 Farmington Avenue, Suite 181 Farmington, CT 06030 | 1-800-399-7284 or 1-203-234-9554 | http://pathct.org/programs/kasa-kids-as-self-advocates/ |
| SEMSHOC YEG | Provides a safe place for youth with identified behavioral health challenges to come together for support. First Thursday of every month from 4-6 p.m. | OPP, 309 Otrobando Avenue, Norwich, CT 06360 | Trisha Jarrett, Sherrie Parenteau (staff), Hanna Scanlon, Jasmine Rich (youth), 860-222-3257 or 860-761-7388 | Norwich and Connecticut |
| The Arc Autism Now | Information Specialist are available to help individuals on the spectrum and their families by providing education, resources and support. | 1825 K Street NW, Suite 1200 Washington, DC 20006 | 1-855-828-8476 | https://autismnow.org/what-we-do/call-center/ |
| Town of Manchester | Sibshop provides support and fun for children who have a brother or sister with special needs. Group meets monthly on the second Friday of each month. | 63 Linden Street, Manchester, CT 06040 | 860-647-5213, contact Beth Mix | http://ysb1.townofmanchester.org/index.cfm/support-and-intervention-programs/ |

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| United Services-Center for Autism | SibSupport group helps youth understand their siblings behaviors and autism, teach coping skills, and allow siblings a chance to share emotions and concerns. Participation is free to siblings of children who are clients at the center. | Dayville- 1007 North Main Street, Dayville, CT 06241; Wauregan- 303 Putnam Road PB Box 378, Wauregan, CT 06387; Mansfield- 140 North Frontage Road, Mansfield Center, CT 06250 | Dayville office 860-774-2020; Wauregan office 860-564-6100; Mansfield office 860-456-2261 | http://www.unitedservicesct.org/ |
| West Haven Adolescent Support Group | Groups for youth ages 13 to 18 meets monthly to learn coping skills to deal with one's own disabilities and/or that of others. This creates an opportunity for peer support and new friendships. Membership is free but does require a short interview. | City Hall, 355 Main Street, West Haven, CT 06516 | Violawaldo412@att.net or Bob Morton - 203-937-3633 | http://www.mywhinc.org/index.htm |
| Wrongplanet.net | An online community for people with Autism and Asperger syndrome | N/A | N/A | https://wrongplanet.net/ |
| Youth Enrichment Program and Social Skills Support Group | Offers a variety of positive youth development programs for clients of the agency and their siblings. The support is tailored to individual/family needs. | Guilford Youth & Family Services; 36 Graves Avenue, Guilford, CT 06437 | 203-453-8047 | http://www.guilfordyouthandfamilyservices.org/ |

Updated 9/15/2020

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